



beet applesauce

Image source: www.babefoode.com

ingredients

- 23 oz jar of organic, unsweetened applesauce
- ¼ cup cooked beets:
 - Clean, dry, and cut beets
 - Add water to cover the beets.
 - Bring to a boil, then simmer until tender, about 45 minutes.



directions

- Pour the ingredients into a blender
- Blend until the beets match the consistency of the applesauce.
- Enjoy!

The final pink color is so appealing and puts a fun twist on traditional applesauce. Plus, you can hardly taste the beets in the final product. Give it a fun name, ex: “unicorn applesauce,” for the full effect. It couldn’t be any easier to convince your little one to eat beets!